

**AMENDMENTS TO THE CLAIMS**

1. (original) A fat or oil composition comprising oleic acid of 3~9 parts by weight, linolic acid of 5~15 parts by weight, and linolenic acid of 0.1~1.5 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.

2. (original) A fat or oil composition comprising oleic acid of 3~7 parts by weight, linolic acid of 6~10 parts by weight, and linolenic acid of 0.5~1.5 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.

3. (original) A fat or oil composition according to Claim 1 or 2, wherein a ratio of the long-chain highly unsaturated fatty acids is 3~7 % by weight of the whole fatty acid composition.

4. (original) A fat or oil composition comprising oleic acid of 5~40 parts by weight, linolic acid of 10~60 parts by weight, and linolenic acid of 0.1~4 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.

5. (original) A fat or oil composition comprising oleic acid of 8~35 parts by weight, linolic acid of 12~45 parts by weight, and linolenic acid of 0.2~3 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.

6. (original) A fat or oil composition according to Claim 4 or 5, wherein a ratio of the

long-chain highly unsaturated fatty acids is 1~3 % by weight of the whole fatty acid composition.

7. (currently amended) A fat or oil composition according to ~~any one of Claims 1—6~~  
Claim 1, wherein the long-chain highly unsaturated fatty acids are EPA and/or DHA.

8. (currently amended) A fat or oil composition according to ~~any one of Claims 1—7~~  
Claim 1, wherein an antioxidant is not added.

9. (currently amended) A fat or oil composition according to ~~any one of Claims 1—7~~  
Claim 1, which comprises an antioxidant of 0.005~0.02 % by weight.

10. (currently amended) A fat or oil composition according to ~~any one of Claims 1—9~~  
Claim 1, which is a liquid state at 5°C.

11. (currently amended) A fat or oil composition according to ~~any one of Claims 1—10~~  
Claim 1, which is prepared from flax seed oil, corn oil or purified fish oil.